

# Spiritual Ups and Downs

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Help me, God, to be strong and determined in serving You; never let me fall. "Do not cast me away from Your Presence; do not take Your spirit of holiness away from me."

Grant me the skill to engage in spiritual ascent – to attain the higher states of mystical perception – and grant me the skill to return to the mundane and to serve You through the simple tasks of everyday life. Help me to find You everywhere, for "if I rise up to Heaven, You are there, and if I make my bed in the abyss, behold, You are there." May I always cleave to You, and in my relationship with You, let me experience the fulfillment of the verse "I am my Beloved's, and my Beloved is mine."

Likutey Tefilot Reb Noson's Prayers I:56

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